

THE R.E.A.D.Y.

Activity Depression

TRIAL NEWSLETTER

✉ readytrial@herts.ac.uk

🐦 [@READYTrial](https://twitter.com/READYTrial)

Check out our new website!!
www.readytrial.co.uk

- ★ We are **open** for recruitment!
- ★ The R.E.A.D.Y. Trial website launch
- ★ First Stakeholder Forum
- ★ Received approval from the Health Research Authority

Having faced the challenges of COVID-19 lockdown, we are now recruiting!

We have adapted the R.E.A.D.Y. Trial and delivered the following aspects online:

- Training of R.E.A.D.Y. Team members
- Screening, assessment and recruitment of young people
- Group sessions and meetings run by Active Sports Partnerships

Thank you to our Young People's Advisory Group and our stakeholders for their ongoing input to this changed protocol. With Covid-19 infection rates on the rise again, mental health continues to worsen in young people. The R.E.A.D.Y. Trial is timely and provides access to exercise during this time. We encourage young people to participate as we would like to know if exercise is effective in improving their mental health.

A message from the Chief Investigators



The R.E.A.D.Y. Trial Stakeholders!

Our Stakeholder Forum members met virtually on 30th September for **our first workshop**. Discussion around the recruitment, design & delivery and dissemination of the trial was extremely interesting and useful. For more information, please have a look at the **Stakeholder Forum report** on our website www.readytrial.co.uk/for-stakeholders/

Have a look at this report put together by the young Central Bedfordshire Healthwatch members (part of our YPAG) during lockdown
<https://t.co/cB9cIb750W?amp=1>



Ethics

The Health Research Authority (HRA) granted us **approval on the 16th October** our amendments included the transition to online delivery

We are now **open for recruitment!!!**

FUNDED BY
NIHR National Institute for Health Research



Read all about it!

ITV News:

<https://tinyurl.com/sl8fgsq>

Eastern Daily Press:

<https://tinyurl.com/v5zsyah>

UEA:

<https://tinyurl.com/qu3ytxl>

UH:

<https://tinyurl.com/yx3nbs48>

UoB:

<https://tinyurl.com/vwrgupt>

KL.FM 96.7:

<https://tinyurl.com/vep45yu>

Welwyn Hatfield Times:

<https://tinyurl.com/unekacy>



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